ark Cunningham – Beyond Seduction

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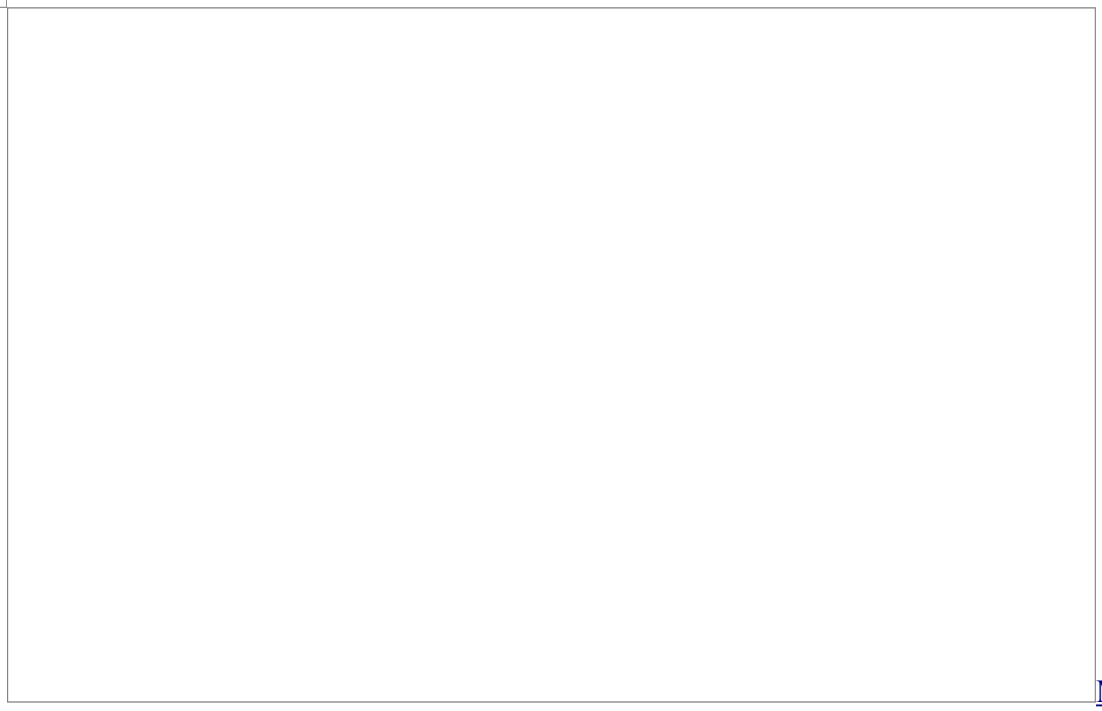

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Mark Cunningham – Beyond Seduction

Review Mark Cunningham – Beyond Seduction

This is the key point that you are missing. When you understand why stupid immoral men are the optimal choice for women in feminist societies, everything else will fall into place. So here goes:

The men that women seek in feminist cultures are omegas, not alphas. I have explained this many times. I also discuss the different male mating strategies in my description of co-alpha males. So let"s review the different male mating strategies and see when each strategy works best. But first, we must remember that evolution is based on survival and reproduction. The goal is to survive, reproduce, and have your offspring do the same. So let"s look at the options.

alpha – A successful alpha can have many children but takes high survival risks to do it. To make the risks worth while, the alpha has a harem that he mate-guards. The prize for getting to the top is exclusive access to a large number of females. In modern times, survival risks are low. But mate-guarding is banned in feminist societies, particularly with multiple females. The alpha instinct will drive this man to success and dominance in the male hierarchy but all this effort is wasted because the prize is not available. There is little evolutionary benefit to becoming a fortune 500 CEO. The best that the alpha can do is to have a sequence of wives and have slightly above average number of children. So women today consider alphas somewhat attractive based on this.

beta – This is a compromise strategy of allying with an alpha to be part of the winning team. If your team wins, you get access to females, not as many as the alpha, but still some. And if your team loses, you are less exposed to survival risk. This strategy requires being a dependable guy that the alpha can count on without being too ambitious. In modern times, this strategy leads to becoming a good employee. This man is dedicated to his work and is a reliable provider. In modern times, this strategy has little evolutionary benefit. Thanks to feminism, mate-guarding is prohibited. The lower survival risk is no benefit now. So this strategy is inferior to alpha today. As a result, women today find betas unattractive and will only use them as needed for material benefits.

omega – These are the lowest men in status. They are not good providers and so are not good for long term relationships. These men reproduce through seduction. Their evolutionary advantage is their immorality. Since they are not part of any alliance with alphas or betas, they do not hesitate to chase other men"s wives. Women are attracted to these men specifically based on their seduction skill because this, passed on to the woman"s sons, will spread her genes. The effectiveness of the omega strategy depends on the effectiveness of mate-guarding in a culture. In primitive times, mate-guarding was moderately effective, so omega survived but didn"t thrive. In patriarchal societies, mate-guarding is highly effective and omegas become complete losers who are avoided by women. But in modern feminist cultures, mate-guarding is banned so omegas have by far the best strategy. Omegas are immoral but not necessarily stupid. But feminist culture combined with contraception has made stupidity a huge benefit. Smart omegas who want to avoid being stuck with child support will use contraception. It is generally the stupid omegas who don"t use contraception. So by far the best male strategy today is to be a stupid omega. Women recognize this, which is why they are sexually excited by these winners (stupid omegas). It"s true that women don"t recognize this consciously. What women do recognize instinctually is which types of men are most successful at reproducing, and then women seek this type of man.

co-alpha – These men cooperative dominate a society and divide up the women using monogamy. The co-alpha strategy is about the same survival risk level as beta and about the same reproductive potential. The advantage of co-alpha is that a co-alpha tribe will beat a alpha/beta tribe in warfare because co-alphas all have more of a vested interest in tribal success. (The betas are always at risk of losing favor with the alpha, thereby losing reproductive access, so they have less of a vested interest in the tribe than co-alphas do.) The co-alpha strategy is the most effective mate-guarding strategy because co-alphas mate-guard cooperatively, protecting each other"s wives, which makes things impossible for omegas. Co-alphas completely depend on cooperation. For this reason, co-alphas are highly moral and worry about things like justice all the time. When co-alphas are in control, you have patriarchy and a great respect for all traits that contribute to society, including intelligence, honesty, etc. In modern times, co-alphas are the ultimate losers. Mate-guarding is banned and cooperation fails. While modern women have no respect for betas, they are still willing to marry them for the material benefit and will simply cheat on their beta husband with omegas. But modern women will avoid co-alpha males like the plague because co-alphas are harder to cheat on and their failure to cooperate means that they have no advantage of any kind in modern culture. Co-alphas will likely be involuntarily celibates.

I hope this explains the evolutionary results of feminism. Returning to the issue of anti-intellectualism, women will both value stupidity for its reproductive benefit, but will particularly shun highly intelligent men because such men are almost inevitably co-alphas which is the worst reproductive strategy. Men naturally try to behave in a manner that appeals to women, so this is why we have an anti-intellectual culture. I should add that America was a patriarchal co-alpha society not very long ago. This is what made America great. But this has changed very fast.

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Mark Cunningham – Beyond Seduction

Posted in Seduction Materials

Notes Beyond Seduction Journal

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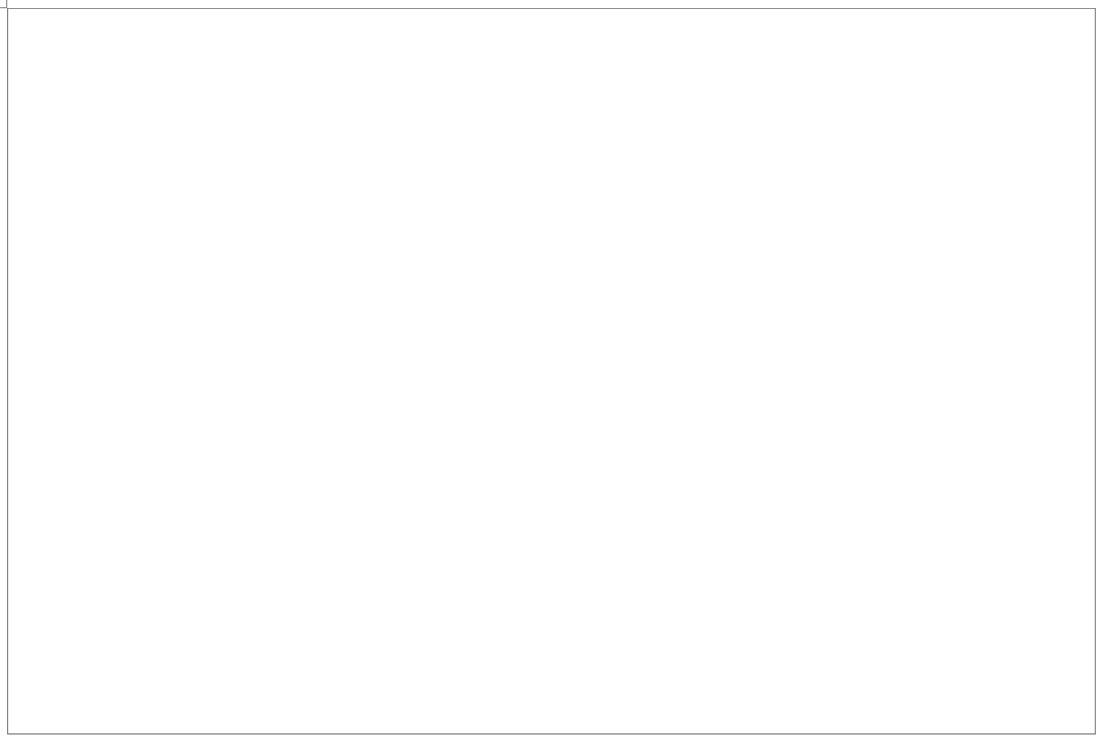

Notes Beyond Seduction Journal

LEGEND:

~ means it contains some personal notes or conclusions made by me, you can replaces them with your own conclusions

xxx means that this is an active part of this workbook, you replace those XXX with answers of your own

“Quotes“ means it’s a transcribtion directly from the audio

[5] is a rating of how usefull I’ve found the particular audio segment to ME, replace this with your own rating for further referencing, re-listening to the system

{5} is a rating of how usefull I’ve found the particular reading segment to ME, replace this with your own rating for further referencing, re-listening to the system

nonquote regular, non-quoted text is ussually a summary of the points made in the particular audio segment

TAPE1 - 0:00 – [1] intro about the seminar

You come in with a set of assumptions of who you used to be, and you find out after the weekend, that you were blinded by your beliefsystem, it affects your perception. But by the end of the weekend, your selection of what skillsets or beliefs you want to have, THAT changes.

Altering, modifying and installing beliefsets is pretty simple and straightforward.

7:00 – [3] characteristics of a naturally seductive man according to the audience

29:00 – [4] characteristics of a naturally seductive man according to women

———> Primal [5]

-46:24-> Purposefull [6]

“You’ve got something going on in your life that may or may not have to do with them, but it’s important to you and you’re going to do it no matter what they say**“**

~~ Ties in with a lot of what deida speaks of about having a purpose, and what DeAngelo covers in the mastery program very well… it’s basically the same concept ~~

*** 49:10–>52:08 leading life in public*** ~~I personally found this part usefull as it talks about the benefits of building a lifestyle where you’re by virtue of the way you life your life, coming into contact with beatifull women and cool people in general ~~

-52:08-> Indifferent [4]

“Do I want to fuck this girl? No. Why? Coz she is showing no interest in fucking me… I mean… that’s how I select girls. **“**

“Except for your looks, what have you got going for you?**“**

-67:57-> Attentiveness [6]

-77:33-> Charisma [4]

Confidence = experience… experience = confidence

TAPE2

00:00 [7] Obstacles

“When something doesn’t work, that’s when you really switch it up. You’re going “cool”. Why? Because this is new, Its an opportunity to learn as well as get laid. “

13:10-> Caring what other think [x]

17:28-> Rejecting obvious opportunities [x]

20:14-> Mind Goes Blank [x]

23:02-> Secondary gains [8]

In this section he finds the secondary gain for everything, for every possible obstacle.

25:07 on rejection

25:50–>27:02 affirming your identity certainty of outcome, avoiding rejection by making yourself unavailable

43:18-> Two women together

47:40-> Talk about anything

60:04 [2] Hypnosis intro

TAPE3

—-> continued above…

03:00 [2] seductive people misc

11:38 [2] elman induction intro

25:52 [4] induction demo (trigger installing)

29:34 [3] analysis of the induction demo

30:15 using trigger on challenging social situations

**31:07 about automating this so it happens all throughout the day, like for example when your fingers accidentally touch throught the day

29:34 [2] analysis of the induction demo + misc hypnosis related

**37:53 what is he getting at? And how can I do this when I go home? **

47:15 [7] thank subconcious

It's a very very usefull concept about developing your intuition through thanking your subconcious for every positive thing it brings you.

"Like for example stepping into a social situation, looking around asking 'who's gonna respond best?' and notice where your intuition leads you"

"Why not screen for the ones who already wanna fuck you?"

54:30 [4] instant induction

75:30 [4] characteristics summarised

ITS ABOUT how to trance yourself into obtaining these characteristics!

~Btw… these characteristics seem to correspond very well with what cameron teoni likes to call "the attributes" or what DeAngelo in "on being a man" calls traits of a man. They're also the same as what is covered in "how to bed married women", also by Major Mark~

TAPE4

—> continued above…

02:50 [6] charisma hypnosis demo

Demoes how to instal the trait/attribute of charisma in a persona

12:30 [3] analysis of the above demo

16:00 [5] extra demo on charisma

17:00 [3] analysis…

–18:00–> [4] This technique can be used for installing any characteristic you choose

22:54 [2] misc + having the room do the induction

“ feel the sensations in your body what it’s like to have perfect charisma, see thru your eyes the opportunities that are available to you. Hear thru your ears what everyone will say around you as you exhibit perfect charisma in a natural effortless way. [...] first time you see, sense thru [...] someone else who know knows how to do this. Why? Coz [...] they pick somebody coz they feel they don’t have it yet, so it can be jarring to simply go ‘oh you now have it!’, they go ‘fuck you, that’s not true, that’s why I’m in the room here’… but instead they can easily believe that a friend, a celebrity, someone they admire or a fictional character has what they want… that’s pretty easy to believe. So you step into them, and get a taste of it… it feels good. But it’s a trap!! Once they felt it in a natural way, doesn’t that mean that they can feel it? They can be it? “

41:02–>41:34 Test everything

44:00 [3] holy trinity excercise homework

57:00 [2] holy trinity analysis

Mostly does an analysis of how students did it… but ALSO stresses the importance… or rather the practicality of knowing what is happening in the enviroment, and being able to utilize all of it, which is quite usefull in people-reading skills… and enviroment-reading skills (being aware)

~He explains this process A LOT better in “renegade hypnotist’s guide to permanenent conditioning where he explains the EXACT same thing, with the exact same examples… but i have better and thorough notes there, and the audio is much better audible in that program~

TAPE5

—> continued above… analysis of holy trinity

usefull to use the enviroment in your seduction… ~He explains this process A LOT better in “renegade hypnotist’s guide to permanenent conditioning where he explains the EXACT same thing, with the exact same examples… but i have better and thorough notes there, and the audio is much better audible in that program~

3:36 [6] state control is…

****4:34->4:54**** be someone else, experiment, have fun

****12:30->**** note on excercises (belief in it and conditioning)

****13:00->**** subconcious as an ally, asking it for help

****22:15->23:02**** How do you know you have a state? Others’ responses

23:30 [6] charisma switch excercise explained

25:40 [3] charisma expanded

27:07 [4] no rules

28:10 [5] make people feel good

29:50 [4] misc

36:56 play around with this

37:30 [4] release of challenges… induction & testing

42:00 [6] positive visual hallucinations, energy leak excercise

46:35 [2] analysis of the above

48:14 [6] extra induction of energy leakage

49:29 [3] analysis of above

+explains the importance of not-leaking energy

TAPE6

00:00 [4] yoga, chakra etc…

- usefulness of using something vs. how objectively true it is (like for example using chakras, and how it doesn't matter whether there objectively exists such a thing as a "chakra", what matters is that you get results thru using that model)

05:00 [4] buddy (intuition) metaphor for the subconcious

12:18 [3] women and energy and women and anger

13:15 [3] energy definition

I don't care what it is… let's assume it exists, its real and you can use, invest it wisely and efectively or squander it. Let's assume energy flows thru your body.

15:37 [3] flow of energy (kundalini) explained

19:02 [5] flow of energy excercise

20:52 [7] induction for installing kundalini

26:58 [2] analysis of above

40:40 [8] combining excercise

the part of the program where he puts it all together, he links the state (charisma) to the different anchors, to all the actions one does throught the day, then links all of this to the way you breathe (the kundalini breathe he taught earlier)… and does an induction to integrate all of this

47:35 [3] analysis of the induction

48:50 [8] combining + energy projection

52:45 [7] homework excercises

54:27 [2] instructions to the room for combining excercise

55:50 [2] feedback on the homework

64:50 [1] more instructions on the combining excercise + misc

67:45 [5] doing excercises alone

76:35 [5] self-hypnosis note

TAPE7

00:00 [5] trance-self excercise

01:54 [5] notes on trance-self excercise

03:40 [4] ideal woman trance

—>03:40 [2] ideal woman trance

—> 05:48 [2] beleivable trance

Basically explains how the subconcious is able to give us a very clear picture of what is expected (believable/likely), but much less of what it believes is not as likely (believable/likely/possible)

"The key difference between the two is: your subconcious expects one to happen, and it doesn't expect the other to happen, but it also gives you a very explicit version of that which is probably going to happen. This is how we can tell whether waht we are imagining is just what our subconcious expect to be BS, and won't put any energy into making real into our lifes, as opposed to that which is probably going to happen… because we are familiar with it, we've rehearsed it intensely (either physically or mentally) and your subconcious (if it doesn't have instructions to the contrary) it will give you that experience. Not necessarily good news, because you can trust this like say the quarterly review coming up… imagine getting the minimum raise and imagine getting a raise, bonus and a promotion. See which you think is more likely to happen. What you actually believe is going to happen."

è 08:57 [2] manipulating the above mechanism

The point of all this is to use this mechanism to make certain things more beliavable and likely to your subconcious, so that it propels you into doing them i.e. stops sabotaging you in achieving them… like for example using the modalities of something that is currently very believable to you… to make something like say "seducing a 10", just as beleivable.

– trance about ideal woman vs. real object

Imagine: Approaching and having a great conversation/encounter with woman who is not physically a possibility to approach/meet and then imagine the real object in the same scene as her… see the difference in clarity

– trance about real-life woman vs. real object (12:24)

Imagine: Approaching and having a great conversation/encounter with a woman who is physically a possibility to be approached and then use the real object to make the rest of the picture as real as the object.

è 16:10 [6] the effect of doing this

“Alot of people repot that they get a better understanding of what they need to do"

- intuition/urges/subconcious… when you become specific about what it is that you want… in terms of what kind of women, and what you want from them… the intuition part will give you much more guidance and cooperate a lot more

17:36 [4] ideal woman list

26:50 [4] ideal woman list trance excercise

******36:10 -> 39:00****** find ways of the way your life changes, see what happens, what you notice, what you expect is what you get out of life, just-kinda-happened social circle v.s one built on purpose

“The good news is you can get whatever you want, the bad news is that explains all the things that have happened to you so far. At some point you made the decision to have those things in your life, otherwise you would have picked up and moved. You weren't paying attention to what you were thinking, what you were wanting and what you were actually getting"

40:53 [4] idle fantasy vs. actually materializing

“What if your energy and time had a cost? What if your time were worth something? What if you only had a certain amount of time every day to get progress on your life's purpose? How much time would you spend on idle fantasy, or how much time would you spend instead using the power of your imagination to make something that you really wanted, something that is specific, measurable, quantifiable; Something vividly real. How much would you spend using the power of your imaginatation to figure out just how its going to be and just howw you're going to get it? Maybe you ought to be spending your time more wisely"

43:10 there is a benefit to downtime, to doing stupid things

“The problem is those guys spend alot of time in idle fantasy when they’re thinking about seduction. They’re thinking about the women “I want” Our modern culture makes it sooo easy to go passive and receive messages about sexuality and then couples it with a certain amount of social dissaproval and actually acting out your fantasy; Acting out your sexual outlet“

44:37 [3] the game (and society)

“I mean it’s still true in western culture that the man is expect to make preparations, to get your game face on, go out and approach women… it’s also true that women expect, or are trained to expect that it’s perfectly ok to shut-down men, because they’re just running around hitting on women. Can they both be true? “ – “Women aren’t happy with the game either, but that’s just the way it is” ~ DeAngelo: Accept reality, accept things as they are and transcend them, because that way you will have power over them… rather than whine, bitch and complain about how it’s unfair that the game is the way that it is ~

—47:54-> [3] outside the box

49:33 [4] the point of the excercise (ideal-woman)

50:15 [3] the big dickness/muscular/tall… excercise/experiment

Basically speaks about doing a pretend experiment where you walk thru the mall imagining you are built like an adonis and have a 15 inch dick… Then walking thru the same mall imagining you’re a pussywhipped bet-male who’s been married to a butch lesbian for 15 years… And see how people act around you and if they notice you…

54:06 [4] on practicing… meeting women doing what you like doing… adding details to the ideal woman description based on your life

“What would it be like to meet ideal girl and be in a different situation. What would it be like to meet her in a situation that you thoroughly enjoy and see how she responds? “

“And I always include in the list of desirable attributes that she’s been searching for someone just like me… and I promise you that if you find that girl you don’t want her to be –searching for someone just like my friend– Because I promise you that when they find someone they’ve actually been looking for… they don’t care about the things you have there on the list… the average women will walk thru fire to make her man happy if he fits the characteristics and behaviours that give her what she needs“

57:18 [2] who you need to be in order to be a naturally seductive man

Asking people in the audience if they have a clear idea of what they need to develop, who they need to be in order to become the kind of a seductive man that they desire to be.

62:17 [6] when change happens (when you’re ready for it) it happens instantly, and how do you get ready for change? If you continue doing what you’ve been doing…

65:20 [5] time vs. stuff axis, in your present self vs. future self's view of IT

70:51 [7] goal achieving and reality (keep moving)

75:45 [5] you don't have to approach women

"What if you were the guy that all the women want to approach? Would you then need to approach women, which may be more difficult to imagine yourself as the kinda guy that all women wanna meet… but if you were to be that man, how much energy would you have to put into the seduction process? Its like you put your pants and shoes on and fucking show up…. Which is why I am talking about "what are the characteristics, what are the traits… what do they look for?" so you can be that men all women want to approach"

76:29 [5] living on purpose, living your purpose out in public, can you be that guy in everything you do

79:10 [4] let's imagine you tranform yourself in 6 months, intro to ideal-future-self counsel

TAPE8

00:00 [2] continued

00:59 [5] induction demo for ideal self counsel

08:00 [2] analysis/explanation of the above demo

"You already know how to get there, its just you don't believe that it's true. Otherwise you'd be doing it. There wouldn't be any doubt. Things that you are true, like I have to work in order to get a paycheck… how many of you go out to work everyday? "

**10:02 –> 10:16 the point of this excercise is (seduction note) **

15:33 –> 16:42 that's not it… the better you feel… are you on the right path or not

17:53 [4] how it manifests

You get a sense… it feels right or it doesn't feel right

19:20 [6] kill things that don't fit your purpose

20:27 [7] build in a purpose (milestones vs. end-points) AND purpose of evolution, change, CANI

21:39 [2] misc… NLP not for permanent change (it works if you're in trance first)

26:03 [6] excercise for indifference (homework)

30:25 [2] misc…

31:00 [8] On cold-approaching

Good reframe.

31:43 [7] oh wow! In 6 months a monster!

"If you did the excercise i've been teaching you this weekend, if you did them daily, if you did them with a sense of belief and expectation of success… for 6 months!?! You're gonna turn into a fucking monster. You're gonna be amazed. All your buddies will hate you, because all the women are gonna love you"

32:22 –> 35:48 alot of guys love struggle

35:48 [3] homework analysis (indifference excercise)

40:44 [9] all you have to do is keep it rollin' (keep on movin')… if: …

42:40 [7] stop acting as though you're someone else than you are… you can only fuck it up

44:24 [2] about deangelo's seminar…

44:49 [5] on having women friends & getting advice from them

49:19 [4] making this work in the real world

51:58 [4] secondary gains / obstacles

Are you willing to accept the cost, to pay the price?

Giving up certainty

55:11 [6] memory excercise /energy antenna

+ analysis (good/usefull)

67:43 — be different

69:38 [5] energy excercise / state change (of the room)

**74:07 — big dogs vs. small dogs barking **

TAPE9

00:00 [7] energy detection (of a person)

“In the past you have made assumptions about people before you walked up to them. In the past you may not have taken the time to say “Was I correct or not?” and reinforce the success and let the failure go“

03:47 [7] induction for intuition

About getting that sense of intuition about the people in a room

10:50 [4] holy trinity is a way of life (all the time)

“Is there a part of your life when it would be bad for you to be aware of the enviroment, utilizing everything, control yourself and oh btw paying attention to what you’re doing? If you do this all the time, you tend to be relaxed [...] even if the conversation does not go as you anticipated or if it doesn’t go well by your standards… you still got all this other stuff going on“

******12:13–>12:50****** the tripod = active life metaphor

12:50 [5] projecting energy

19:54 [5] energy projection homework

25:10–>25:40 beyond seduction

27:10–>28:40 life is not an episode, its a process, do this as a way of life

28:56 [5] alphabet of desire

32:48 [5] induction for alphabet of desire

41:50 [3] analysis of the induction

“You can take the intensity of this [get laid desire] and apply it to say your job search“ ~sex transmutation~

47:39 –> 48:16

“If you put half as much energy into your job as you did chasing after sex, wouldn’t you fucking rule the world already!?? Maybe we wanna redirect some of this? It’s also true that if you go ahead and get all these things [success in other areas in life], there’s more boobsies [girls]too. It’s just the way the world works“

62:40 –> 64:22 usefull for reclaiming all the lost energy, as well as all the energy you are

harboring inside towards the unresolved conflicts/issues

“All the boobsies you lost before and didn’t get; at some level you still want ‘em. That’s why you carry rejection and failure into your present. What would it be like if you just let ‘em go? Let ‘em go live their miserable lives. What if you weren’t involved or attached to them. What if you got that desire back? [with a brand new girl you see] What if you were able to take incredible levels of desire and instead of having it happen, saying ‘I wanna take all this energy, and I WANT YOU’ How’s that going to change your outcome? [...] It’s gonna fucking ramp-it up and its going to make her respond more strongly too. Back to the primal-male thing; Primal males don’t kinda, sorta, maybe want something… “

~Sex Transmutation~

65:35–>66:30 – I try to avoid situations where i’m giving energy away with a low probability of return

67:00–>68:47 – maybe attach it to a specific outcome, not a specific person

71:29–> 72:05 – you can’t want what you used to want anymore after this excercise

72:23–> 75:00 – 100 pounds backpack… leave it at home

75:00 [6] step into mark

79:15 [3] analysis of step into mark

72:23–> 75:00 – 100 pounds backpack… leave it at home

83:10–> 83:30 – scanning for the ones who wanna fuck you (and dependance on beliefs)

********83:30 –> 84:02******** what you do vs. who you are

“I promise you, if you change who you are, what you do works out a whole lot better”

84:07 –> 84:21

84:57 [5] step into to the you who [has all the qualities that were built-in until now in the seminar]

****85:50 –> 87:35**** stepping away from a less than a positive outcome and enjoying the positive ones

TAPE10

00:00 [5] homework analysis

09:23 –> 09:43 any time your old-self comes back

10:58 –> 11:53 get out of your head, that's where all the bad things happen, steal the good energy, stepping out of a less-than-usefull current self

13:30 –> 14:02 on living in foreign countries as a way evolving rapidly

****26:39 –> 30:02**** non-seductive approaches, just talking to women, living with women, and them setting you up with all their friends, getting used to just talking to women,

Make a goal of talking to different women each day

31:03 [5] conditioning women for pleasure

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